



ORIENTEERING
C A N A D A

2020 World Cup (WC) Selection Policy

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List of Amendments

The current version of the document (updated February 21st, 2020) contains the following corrections and clarifications:

1. Appendix A - all references to 'qualifying for a WOC middle final' has been changed to '15th place in qualifying heat'.
2. Appendix A, Consistency Score formula - $CS = AS - SD/AD$ has been corrected to $CS = AS - SD/AS$

Creation of Policy

The High Performance Committee (HPC) has asked the following people to create this policy: Jeff Teutsch (HP Manager), Stefan Bergstrom (HPC member), Bogi Gyorf (Alberta Orienteering ED). This policy was approved by the HPC on the following date: January 23rd, 2020

Selection Committee

The process outlined in this document will be overseen by the following WC Team Selection committee: Pippa McNeil, Wil Smith, Philippe Côté-Jaques

The High-Performance Committee has appointed the above-named selection committee who will perform the application review and team selection for the 2020 WC team selection. Any conflicts of interest will be dealt with using Orienteering Canada's [conflict of interest policy](#).

Selection Context

In 2020 the Orienteering World Cup will consist of three rounds:

World Cup Round 1

Website: <https://www.o-worldcup.ch/>

Location: Neuchâtel, Switzerland

Dates: May 21st - 24th

Races: Long Distance, Knock-Out Sprint, Sprint

World Cup Round 2

Website: <https://eoc2020.ee/>

Location: Rakvere, Estonia

Dates: August 20th - 23rd

Races: Long Distance, Middle Distance, Relay

World Cup Round 3

Website: <https://wcup.it/en/>

Location: Cansiglio Forest, Italy

Dates: October 1st - 4th

Races: Long Distance, Middle Distance, Relay

This selection policy is for all three rounds of the World Cup.

The IOF's Special Rules Orienteering World Cup 2020 document ([found on the IOF website here](#)) explains the start quota allocation for 2020 World Cup (Canada can enter 4 men and 4 women to each individual race and up to 3, 3 personal relay teams per gender for the relays) as well as start intervals and other information.*

* In cases where IOF or Event documentation conflicts with the information in this document the IOF or Event documentation is to be taken as correct.

Additional Background

In December of 2019 and January of 2020 the HPC undertook to rewrite all of its national team selection policies. The group that was drafting these policies started with by consulting with HPP athletes and coaches, and then drafted policies for WOC and JWOC. This policy is heavily based on the WOC policy with a few key differences based on differences in the events and team composition rules.

This policy was developed with the following goals in mind:

- To provide a way in which athletes can be evaluated and compared across the HPP;
- To make the policy more explicit in how athletes are selected to the team;
- To align selection policies to minimize the work for athletes to apply for multiple teams and for the selection committee to evaluate applications.
- To keep the selection process simple for the selection committee.
- To select as large a team as possible to give a large number of athletes more international race experience;

Eligibility

In order to represent Canada at the WC, athletes must

- be members of Orienteering Canada's High Performance Program (see the [HPP Athlete Handbook](#));
- be a Canadian citizen and have a valid Canadian passport;
- be in good standing with Orienteering Canada, i.e., full members of a Canadian orienteering club affiliated with Orienteering Canada with no outstanding amounts owing to Orienteering Canada (unless a payment plan has been negotiated with the Orienteering Canada Treasurer).

Funding and Expectations

Cost

Orienteering Canada does not have the funds to support the athletes' travel and competition. If some additional funding becomes available, the amount will be minimal. Athletes must be prepared to cover their own costs for the competition entry fee, room and board, and travel.

Orienteering Canada will register the selected team and book accommodation and local transportation

during the training week and competition. The athletes will be invoiced by Orienteering Canada for these costs. The athletes must book and pay for their own travel to the event location.

In the case of unforeseen cancellation of the event or if Orienteering Canada decides to withdraw from the event (for example due to security concerns) the athletes will still be responsible to cover the costs of any entry fees, accommodation, and travel costs already paid.

Representing the Canadian Team

There may be a Team Manager and/or Team Coach available for support at World Cup rounds.

Regardless of the presence of a team officials, athletes are expected to work together to create a well performing, positive team environment and gain international race experience at the highest level of competition.

The athletes must adhere to the Orienteering Canada's [Code of Conduct](#) at the events and work together to support the Canadian team cohesion.

Removal from the Team

Once selected to a WC Team, an athlete may withdraw or be removed for the following reasons:

- Failure to adhere to the procedures outlined in the [Athlete Agreement](#) or Orienteering Canada's [Code of Conduct](#).
- Failure to remain competition-ready leading up to the event. It is the obligation of the athlete to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level.
- Fraudulent misrepresentation.
- Voluntary withdrawal/retirement.

Where an athlete is unable to meet minimum scoring standards, competitive readiness, violates team rules or the code of conduct or provides fraudulent misrepresentations, the High Performance Committee will have the discretion to remove the athlete from the team, provided the athlete is given an opportunity to be heard, and to replace the athlete with another suitable candidate. The removal of an athlete is the last-possible option and it is hoped that a solution can be reached before this action.

The Selection Committee will:

- notify the athlete in writing that he/she is subject of removal and list the reasons why;
- identify and arrange opportunity for the athletes to be heard (in form of in person or conference call / video conferencing or through letter exchanges);
- after the decision to remove the athlete from the team, it will be communicated to the athlete (and parent/guardians if the athlete is under the age of 18y) with the reasons for the removal.

Appeals

An appeal against a decision of the Selection Committee can be made in accordance with Orienteering Canada's appeals policy (http://www.orienteering.ca/wordpress/wp-content/uploads/Policy_Appeal.pdf). The appeal deadline is 48 hours after the announcement.

Make-up of team

Orienteering Canada will select as many athletes as meet the minimum standard (a minimum score of 1 in each of the rubric categories - see Appendix A) up to a maximum of 4 men and 4 women for each World Cup Round.

If more than 4 men or 4 women apply and meet the minimum standard then the 4 athletes of each gender with the highest overall rubric scores will be selected to the team.

The rubric will be scored by the Selection Committee based on the race results provided by the athlete in the application package and the details explained with the rubric in Appendix A.

Ties in rubric scoring will be broken by the athlete's score in individual categories in this order:

1. Consistency Score
2. Top Results Score
3. Running Speed Score

Allocation of Races to Team Athletes

All team members will be selected to race all of the individual races in the World Cup Round for which they have been selected. Should an athlete decline to run one of the races that race will not be allocated to a different athlete.

For the relay competitions in Rounds 2 and 3, Orienteering Canada will enter one male team and one female team if there are enough athletes to enter a team of 3. If there are 4 male or 4 female athletes selected to the team then the athletes with the highest overall rubric scores will be selected to the relay team.

Running order for the relays will be determined by the Team Manager or Coach at the WC Round should that position be filled. If there is no Team Manager or coach at the WC Round then the athletes on the relay team can determine the running order. If the running order cannot be agreed upon the team can ask the HP Manager to make a decision by emailing hpp@orienteering.ca. The HP Manager must be emailed 48 hours prior to the entry deadline for the relay team information to give time for a response to get back to the team.

Any decision made by the Team Manager, Coach, or HPC relating to relay running order will be made in a discretionary selection by the coach who has final say on relay team composition and running order. If the decision is made by a Team Manager or Coach they must give the athletes a chance to discuss the selection with the coach before the team is entered.

Application Process and Timeline

Eligible athletes must send the following documentation to the selection committee before the deadlines outlined below. Note that there are separate deadlines for each WC Round.

Item	Submission method	Deadline (end of day 24:00, Pacific Time)
<p>Expression of interest: indicating interest to attend a given World Cup Round.</p> <p>After the deadline the list of athletes that have submitted an expression of interest will be published to the HPP Basecamp group.</p>	<p>Email to hpp@orienteering.ca</p>	<p>WC Rounds 1 & 2: February 29, 2020</p> <p>WC Round 3: June 15</p>
<p>Team Selection Application form: The application form in Appendix B will be emailed as a spreadsheet to all athletes that have submitted an expression of interest. The spreadsheet version of the form must be filled out and submitted.</p> <p>Note that for World Cup Round 1 only races up to March 30th, 2020 are being counted.</p> <p>For Rounds 2 and 3 Races up until May 24th are being counted.</p>	<p>Email to hpp@orienteering.ca</p>	<p>WC Round 1: March 31, 2020</p> <p>WC Round 2: May 25, 2020</p> <p>WC Round 3: July 15</p>
<p>Team Selection Announcement Athletes will be contacted by individual email and given one week to accept or decline their spot by email response.</p> <p>The team will be publicly announced within 48 hours of all athletes accepting their spot on the team (may include mention of athletes that declined spots).</p>		<p>(For initial contact)</p> <p>WC Round 1: April 10, 2020</p> <p>WC Round 2: June 1, 2020</p> <p>WC Round 3: July 31</p>

Appendix A - Selection Rubric

Note that this selection rubric has been formatted to fit 8.5x11 pages for this appendix and that applicants will be provided with an Excel spreadsheet version.

This selection rubric is used as the scoring mechanism for parts of the 2020, WUOC and World Cup selection policies as mentioned in those policies (WOC uses a very similar rubric). Total scores will be calculated using the following set of rules:

- The scores for the three categories will be based on the results submitted with the application form
- For all three categories a score from 0 to 5 will be determined based on the information in the rubric
- Half scores (e.g. 4.5) will be given for running and race results if the result is more than halfway between the times or points listed for two point values on the rubric.
- For Top Results the score is determined based on the details given in the rubric
- For Consistency each race result will be given an individual score from 0 to 5 and then a formula will be used to calculate the Consistency Score
- Note that 'eligible competitors' is always short for competitors that are eligible to receive medals at that championship event based on the rules of that championship
- For the Running Speed Score you will be given a score for each set of mandatory races based on your best result (e.g. one score for your best 3000m, 5k, or 10k and another score for your best 800m or 1500m) and those scores will be averaged
- Once the scores for the three categories have been calculated they will be averaged using the weightings lists in the second column to determine a final rubric score

Top Results - 30% weighting

Score of 0

Criteria:

The athlete has no results to show within the time period for races to be considered or doesn't meet any of the standards

Score of 1

Criteria:

The athlete has at least one result between June 1st, 2019, and May 25th, 2020* that meet one of the following criteria:

- is within 105 seconds of qualifying them for an A final in a World Cup sprint (where there are finals)
- is within 15% of the 15th place time in their WOC middle distance qualifying race
- is a top 90 at a World Cup sprint race without qualification races or within 18% of the winner's time
- is a top 110 or within 45% of the winner's time at a WOC or World Cup middle or long distance final
- it earned them 750 World Ranking points
- is in the top 8 at a Canadian Championships race among eligible competitors
- is in the top 8 Canadians at the Canadian Team Trials race
- is a top result 8 in other eligible domestic races

Score of 2

Criteria:

The athlete has at least one result between June 1st, 2019, and May 25th, 2020* that meet one of the following criteria:

- is within 75 seconds of qualifying them for an A final at an individual sprint World Cup round (where there are finals)
- is within 10% of the 15th place time in their WOC middle distance qualifying race
- it earned them 825 Sprint World Ranking points
- is a top 75 at a World Cup sprint race without qualification races or within 10% of the winner's time
- is a top 90 or within 35% of the winner's time at a WOC or World Cup middle or long distance final
- earned them 825 World Ranking points
- is in the top 5 at a Canadian Championships race among eligible competitors
- is in the top 5 Canadians at the Canadian Team Trials race
- is a top result 4 in other eligible domestic races or within 5% of the winner's time (in the individual sprint)
- is in the top 5 Canadians at the Canadian Team Trials race

Score of 3

Criteria:

The athlete has at least two results between June 1st, 2019, and May 25th, 2020* that meet one of the following criteria:

- is within 40 seconds of qualifying them for an A final at a individual sprint World Cup round (where there are finals)
- is within 6% of the 15th place time in their WOC middle distance qualifying race
- it earned them 900 Sprint World Ranking points
- is a top 65 at a World Cup sprint race without qualification races or within 10% of the winner's time
- is a top 75 or within 35% of the winner's time at a WOC or World Cup middle or long distance final
- earned them 900 World Ranking points
- it earned them a medal at the Canadian Champs Sprint or is within 30 seconds of the gold medal time
- it earned them a medal at the Canadian Champs middle or long or is within 5% of the gold medal time
- is a top 3 result at a Canadian Team Trials race or is within 20 seconds of the top Canadian (in an individual sprint) or is within 12 seconds of the top Canadian (in the knockout sprint final)
- is a win at other eligible domestic races or within 3% of the winner's time

Score of 4

Criteria:

The athlete has at least two results between June 1st, 2019, and May 25th, 2020* that meet one of the following criteria:

- is within 20 seconds of qualifying them for an A final at a sprint WOC or World Cup round (where there are finals)
- is within 3% of the 15th place time in their WOC middle distance qualifying race
- is a top 50 at a World Cup sprint race without qualification races or within 13% of the winner's time
- is a top 60 or within 25% of the winner's time at a WOC or World Cup middle or long distance final
- earned them 1000 World Ranking points
- is a win (top Canadian) at a 2019 Canadian Championships individual race
- is a win at a Canadian Team Trials race
- is a win at other eligible domestic races by more than 3% over all competitors

Score of 5

Criteria:

The athlete has at least two results between June 1st, 2019, and May 25th, 2020* that meet one of the following criteria:

- qualifies them for an A final at the WOC middle by coming in the top 15 in their qualifying heat or a World Cup round (where there are finals)
- is a top 40 at a World Cup sprint race without qualification races or within 10% of the winner's time
- is a top 50 or within 18% of the winner's time at a WOC or World Cup middle or long distance final
- earned them 1100 World Ranking points
- is a win (top Canadian) at the 2019 Canadian Championships sprint by more than 30 seconds over eligible competitors
- is a win (top Canadian) at the 2019 Canadian Championships middle or long by more than 5% over eligible competitors
- is a win at a Canadian Team Trials race by more than 30 seconds over eligible competitors in an individual sprint or by more than 18 seconds over eligible competitors in the knockout sprint
- is a win at other eligible domestic races by more than 8% over all competitors

Consistency - 45% weighting

The consistency score will be calculated using all qualifying races** using the following system:

- All race results will be given a score from 0 to 5 based on the rubric below;
- Athletes must have at least 4 valid results (i.e. have participated in at least 4 different races), athletes with three or fewer valid results will be given a consistency score of 0;
- MPs, DSQs, DNFs, and scores that don't meet any of the level 1 standards will be counted as 0;
- MPs, DNFs, or poor results due to verifiable injuries will not be counted;
- Forest and Sprint races count towards the consistency score;
- Intentionally misrepresenting or omitting results will render you ineligible for team selection.- The final consistency score will be calculated from all valid race results as follows:
- $CS = AS - SD/AD$ where CS is the Consistency Score, AS is the average score, and SD is the standard deviation of the scores;

Score of 0

Criteria:

Mispunches, disqualifications, and DNFs will count as zero points

Score of 1

Criteria:

The result

- is within 105 seconds of qualifying them for an A final in a World Cup sprint (where there are finals)
- is within 15% of the 15th place time in their WOC middle distance qualifying race
- is a top 90 at a World Cup sprint race without qualification races or within 18% of the winner's time
- is a top 110 or within 45% of the winner's time at a WOC or World Cup middle or long distance final
- it earned them 750 World Ranking points
- is in the top 8 at a Canadian Championships race among eligible competitors
- is in the top 8 Canadians at the Canadian Team Trials race
- is a top result 8 in other eligible domestic races

Score of 2

Criteria:

The result

- is within 75 seconds of qualifying them for an A final at a individual sprint World Cup round (where there are finals)

- is within 10% of the 15th place time in their WOC middle distance qualifying race
- it earned them 825 Sprint World Ranking points
- is a top 75 at a World Cup sprint race without qualification races or within 10% of the winner's time
- is a top 90 or within 35% of the winner's time at a WOC or World Cup middle or long distance final
- earned them 825 World Ranking points
- is in the top 5 at a Canadian Championships race among eligible competitors
- is in the top 5 Canadians at the Canadian Team Trials race
- is a top result 4 in other eligible domestic races or within 5% of the winner's time

Score of 3

Criteria:

The result

- is within 40 seconds of qualifying them for an A final at an individual sprint World Cup round (where there are finals)
- is within 6% of the 15th place time in their WOC middle distance qualifying race
- it earned them 900 Sprint World Ranking points
- is a top 65 at a World Cup sprint race without qualification races or within 10% of the winner's time
- is a top 75 or within 35% of the winner's time at a WOC or World Cup middle or long distance final
- earned them 900 World Ranking points
- it earned them a medal at the Canadian Champs Sprint or is within 30 seconds of the gold medal time
- it earned them a medal at the Canadian Champs middle or long or is within 5% of the gold medal time
- is a top 3 result at a Canadian Team Trials race or is within 20 seconds of the top Canadian (in an individual sprint) or is within 12 seconds of the top Canadian (in the knockout sprint final)
- is a win at other eligible domestic races or within 3% of the winner's time

Score of 4

Criteria:

The result

- is within 20 seconds of qualifying them for an A final at a sprint WOC or World Cup round (where there are finals)
- is within 3% of the 15th place time in their WOC middle distance qualifying race
- is a top 50 at a World Cup sprint race without qualification races or within 13% of the winner's time
- is a top 60 or within 25% of the winner's time at a WOC or World Cup middle or long distance final
- earned them 1000 World Ranking points
- is a win (top Canadian) at a 2019 Canadian Championships individual race
- is a win at a Canadian Team Trials race
- is a win at other eligible domestic races by more than 3% over all competitors

Score of 5

Criteria:

The result

- qualifies them for an A final at the WOC middle by coming in the top 15 in their qualifying heat or a World Cup round (where there are finals)
- is a top 40 at a World Cup sprint race without qualification races or within 10% of the winner's time
- is a top 50 or within 18% of the winner's time at a WOC or World Cup middle or long distance final
- earned them 1100 World Ranking points
- is a win (top Canadian) at the 2019 Canadian Championships sprint by more than 30 seconds over eligible competitors

- is a win (top Canadian) at the 2019 Canadian Championships middle or long by more than 5% over eligible competitors
- is a win at a Canadian Team Trials race by more than 30 seconds over eligible competitors in an individual sprint or by more than 18 seconds over eligible competitors in the knockout sprint
- is a win at other eligible domestic races by more than 8% over all competitors

* If applying for WUOC or the World Cup Round 1 all events being considered in the rubric (for both top results and consistency) must have taken place by March 30th, 2020, one day before the application must be submitted

** The following races are qualifying races for the purposes of calculating your Consistency Score

- 2019 Canadian Championships (Anyone of the same gender and on the same course as the M21E or F21E categories only)
- 2020 Team Trials (including the bonus event (M21 or F21 category) on Monday, May 18th)
- 2019 World Championship Races
- World Cup Races that fall between the dates of June 1st 2019 and May 25th 2020 (March 30th for WUOC and World Cup Round 1 applications)
- World Ranking Events (WREs) that fall between the dates of June 1st 2019 and May 25th 2020 (March 30th for WUOC and World Cup Round 1 applications)
- Other North American Races (events advertised as being part of a training camp such as Vancouver Sprint Camp or the Ottawa Spring Training Weekend do NOT count) with at least 4 HPP competitors in your category with an active link to posted results that fall between the dates of June 1st 2019 and May 25th 2020 (March 30th for WUOC and World Cup Round 1 applications)

Running Speed* - 25% weighting**

For the Running Speed Score you will be given a score for each set of mandatory races based on your best result (e.g. one score for your best 3000m, 5k, or 10k and another score for your best 800m or 1500m) and those scores will be averaged

*** Races do not need to be run on a track or in an official race. Any results that do not come from official races must be measured and timed by a coach and contact info for the coach must be provided so the selection committee can verify the time.

Score	Men	Women
0	The athlete has no running races or time trial results that can be counted or doesn't meet any of the standards.	
1	41:29 10k, 20:00 5k, 11:35 3000m, 5:24 1500m, 2:38 800m	50:09 10k, 24:08 5k, 14:03 3000m, 6:35 1500m, 3:13 800m
2	39:00 10k, 18:49 5k,	46:08 10k, 22:15 5k,

	10:52 3000m, 5:05 1500m, 2:29 800m	12:55 3000m, 6:03 1500m, 2:57 800m
3	36:56 10k, 17:49 5k, 10:17 3000m, 4:48 1500m, 2:20 800m	42:49 10k, 20:39 5k, 11:58 3000m, 5:36 1500m, 2:44 800m
4	34:51 10k, 16:48 5k, 9:41 3000m, 4:31 1500m, 2:12 800m	39:58 10k, 19:17 5k, 11:09 3000m, 5:13 1500m, 2:33 800m
5	33:11 10k, 16:00 5k, 9:10 3000m, 4:17 1500m, 2:05 800m	37:30 10k, 18:05 5k, 10:27 3000m, 4:53 1500m, 2:23 800m

Orienteering Race Results

Comments - Athletes must fill in the form with ALL results from races that fall into one of the following categories and that took place between June 1st, 2019, and May 25th, 2020 (March 30th for WUOC and World Cup Round 1 applications):

- 2019 Canadian Championships (Anyone of the same gender and on the same course as the M21E or F21E categories only)
- 2020 Team Trials (including the bonus event (M21 or F21 category) on Monday, May 18th)
- 2019 World Championship Races
- World Cup Races that fall between the dates of June 1st 2019 and May 25th 2020 (March 30th for WUOC and World Cup Round 1 applications)
- World Ranking Events (WREs) that fall between the dates of June 1st 2019 and May 25th 2020 (March 30th for WUOC and World Cup Round 1 applications)
- Other North American Races (events advertised as being part of a training camp such as Vancouver Sprint Camp or the Ottawa Spring Training Weekend do NOT count) with at least 4 HPP competitors in your category with an active link to posted results that fall between the dates of June 1st 2019 and May 25th 2020 (March 30th for WUOC and World Cup Round 1 applications)

Intentionally misrepresenting or omitting results will render you ineligible for team selection.

Event	Discipline (sprint, middle, long, etc.)	Date	Category	Top time on course	Winner's time (best eligible time for COCs, NAOCs, and Team Trial)	Your time	Your placing	World Ranking Points (if WRE)	Link to race results	Injury or illness if applicable along with comment on how we can verify it (doctor, physio, or coach's note or contact)	Score out of 5 (for selection committee to fill out)

Consistency Score (calculated):

#DIV/0!